THE LAST "STRAW"

THE BOLT

Too patiently

do many women

endure backache,

ness and urinary

ills, thinking

them part of

weak kidneys

woman's

The

WORLD'S NEWS In Tabloid Form

board an American warship at Corinto the Australian commonwealth. and from it request the Nicaraguan arms and ammunition in his posses-

sion to the Nicaraguan government. That William Lorimer will not seek linois general assembly, should it con-An explosion in the film room of

the General Film company at Albany, N. Y., makers of moving picture films resulted in the death of at least two to be dead at Mazuma. men and a property loss of \$200,000. The German battleship Hessen ac-

in the course of maneuvers in the Balof the damage to the boat is un-

All speed records for big gun battleships were broken by the new United States battleship Wyoming, sister ship of the super-dreadnaught Arkansas, in her standardizing trials,

The Chinese national assembly refused to confirm any of President Yuan Shi Kai's new cabinet appointments. This leaves the premier alone in office, and, as he considers such a situation impossible, he threatens to resign forthwith.

Another exodus of Americans from Torreon is on because of a threatened attack upon that city by a force of 2,000 rebeis under Chee Campos.

Fred Stanley, Republican national committeeman from Kansas, obtained an injunction from Judge Branine in the district court at Newton prohibiting every county clerk in Kansas from putting the names of Roosevelt electors on the primary ballot to be voted on August 6.

The total contributions for Taft's presidential contest in 1908 amounted to \$1,655,518, Postmaster General Hitchcock testified before the investisating committee. Of the total amount \$620,150 was collected by finance committees in states and was expended in the state campaigns.

The president nominated Luther Conant Jr. of New York to be commissioner of corporations, Sherman Page Allen of Vermont to be assistant secretary of the treasury, and Edwin L. Walton to be postmaster at Centralia,

City, Mo., has ordered that the "nude" statue of the "Discus Thrower" must be draped or removed from the high school. It was presented by the class

A pin which she swallowed 20 years ago caused the death of Miss Catherine Roche of Flatbush, N. Y. The pin had left a trail of ulcerous growths. Labor conditions in Massachusetts today are worse than at any other time in the history of the Bay State, according to the records in the offices of the state labor officials. Fifty-two

workers are idle as a result. An Iditarod cable says tremendous excitement has been aroused by news from the valley of Alaska, district of Kuskokwin, of the discovery of enormously rich placer gold deposits. A stampede has begun and hundreds of miners and prospectors are joining the

Members of the house Stanley steel trust investigating committee practically agreed to recommend the dissolution of the United States Steel corporation in their report and indorse the government suit against it.

Gov. Cole L. Blease of South Carolina is fighting mad because of the charges of graft, ranging from traffic in pardons to rake-offs from "blind tigers," brought against him by witnesses before the South Carolina legislative committee. He suggests a

The Hoosier capital may lose its "potato king" price-busting mayor. Impeachment proceedings to remove Mayor Shank from office for not enforcing the laws prohibiting immoral resorts are to be begun as soon as plans for conducting the prosecution are completed, according to a decision reached by the Indianapolis Church federation at the meeting of the Y. M.

The Rocky Mountain spotted fever, disease so important that the public health and marine hospital service has been studying it for two years in the Bitter Root valley in Montana, has been officially reported from San

Francisco. Near San Antonio, Tex., four deaths, half a dozen seriously ill and three dangerously ill is the result of a wholesale poisoning which resulted in leging the government of El Salvador the arrest of a Mexican man and wom- owes him money he cannot get. Selva an, who has to be spirited away to

save them from lynching. Four persons were drowned in a cloudburst at Alton, Ill., when a ninefoot wall of water from the Piasa valley raced down Belle and Piasa

streets, deluging many homes. Fourteen thousand union weavers employed in twelve of the cotton fac-

tories at New Bedford, Mass., went on

strike. Twenty mills are affected. Intervention of the United States in Mexico now seems only a few weeks lexico City. The troubles of the Ma-

An investigation of expenditures in the forest service by a special senate committee is asked in a resolution by

Senator Overman. Eight Italian torpedo boats tried to run the Dardanelles, but were driven off by a terrific fire from the Turkish shore forts. It is reported that two of the boats were sunk.

A motion protesting against the United States government granting favors to American shipping passing through the Panama canal was adopt-President Adolfo Diaz intends to ed in the house of representatives of

Representative Sabbath of Illinois war minister, Gen. Luis Mena, to re- introduced a bill prohibiting transmissign his portfolio and deliver the sion of racing news by telegraph, mail or otherwise.

"We must have a new constitution or we shall have a bloody revelution." "vindication" at the hands of the II- Victor Berger, the Wisconsin Socialist, gave this warning to his colvene in special session, was the state-ment of friends of the "blond boss." the doctrines of Socialism. the doctrines of Socialism.

Twenty lives were lost in a cloudburst at Seven Troughs, Nev. A special says that five persons are known

The Democratic campaign fund's total was about \$1,000,000 when Alton cidentally rammed torpedo boat G112 B. Parker ran for president in 1904, according to W. F. Sheehan of New tic and killed three men. The extent | York, who testified before the senate funds.

> Recruits in the United States marine corps are being provided with "government" pajamas as part of the annual allowance for clothing.

Maintaining that her first duty was to her children, Mrs. A. L. Hamilton has refused to run for the assembly on the prohibition ticket.

President Connolly wants each funeral tomobile crashed into a pole. cortege taxed \$1 for road improvements.

Earthquakes filled one street with aged to some extent almost every building in Guadalajara, Mexico, and drove hundreds of citizens panicthree shocks were felt between sunrise and sunset.

The original agreement between in Los Angeles by which the McNamara case was to be ended forever was disclosed in detail by Fremont Older, editor of the San Francisco Bulletin, who took the stand for the defense in the bribery trial of Clarence S. Darrow.

Trial of the impeachment against Judge Robert W. Archibald of the commerce court was formally begun in the senate when a special oath

was administered to senators. and flagged two passenger trains which were rushing to collision with a freight train which was wrecked when it hit a huge boulder on the

The unseating of Senator Lorimer creates no vacancy and Gov. Deneen has no power to appoint a successor Thus holds Attorney General Stead in a voluminous opinion rendered to the

Mrs. Rene B. Morrow was found not guilty of the murder of her husband, Charles B. Morrow, a Chicago inventor, by a jury in Judge Kersten's court. Hubert Latham, former aviator, was strikes are on. Twenty thousand killed by a buffalo while hunting near the source of the Nile, according to a cable message received by the gov

ernment from the governor general of French Equatorial Africa. Dissolution of the United States Steel corporation-the steel trustwill be recommended emphatically, probably unanimously, in the report of the Stanley steel investigating com

mittee of the house. As the result of a raid of 25 unlicensed saloons in New York, \$50,000 worth of beverages were dumped into the streets by Excise Commissioner Farley.

The senate passed without discussion the "terror battleship" resolution by Senator Tillman, proposing that the United States build the greatest warship possible under modern naval conditions to put an end to the "race for naval supremacy."

The senate indirectly rebuked President Taft for his course in connection with the Lorimer case. A reso lution, battle scarred in a protracted, bitter debate, was adopted, 35 to 23, denouncing "any attempt on the part of a president" to exercise the power of his office to influence a vote on questions within the senate's exclusive jurisdiction.

No compromise with Roosevelt over the presidential electors in any state, was President Taft's ultimatum to Senator Gamble and Representative Burke of South Dakota, who came with a delegation from that state to confer on their political mix-up.

Declaring he was left to starve without means of support, Salvadorean Consul Silvio Selva has resigned, alis ill at New Orleans and needs funds for medical attention.

A gift of \$50,000 to establish an architectural library in the Art Institute is made by the will of Daniel Hudson Burnham, architect, and creator of the Chicago plan for a city beautiful.

President Tart has accepted an in vitation to attend the celebration of the centennial of the battle of Fort Harrison, on the banks of the Wa

bash, September 4. Gov. Blease of South Carolina, in a statement issued, denied testimony ferico a tremendous som when the to his receiving money for granting heard at Augusta, Ga., last week as

LORIMER IS HURT IN AUTO ACCIDENT

MACHINE DRIVEN AGAINST TELE-GRAPH POLE TO AVOID COL-LISION WITH BUGGY.

FORMER SENATOR COLLAPSES

Illinoisan, Chauffeur and Secretary Board Train After Crash Checks Road Trip-tekes at His

Misfortune.

Claysville, Pa .- William Lorimer, the deposed Illinois senator, was injured here in an automobile accident. Lorimer, with his secretary and chauffeur, was riding from Washington to Chicago in his automobile.

In trying to avoid hitting a buggy the chauffeur ran the car into a telecommittee investigating campaign graph pole. The occupants of the machine were thrown out but none injured seriously. The car was wrecked. Mr. Lorimer's secretary and chauffeur sustained scratches. All three

proceeded to Chicago by train. Machine Prightens Horse. Mr. Lorimer and party left Washington Saturday morning in a large touring car. Shortly after passing Clays-Because he asserts that most of the ville a fractious horse driven by Wilfunerals that pass through Queens- liam McCombs was encountered. In boro came from outside. Borough an effort to avoid a collision the au-

The former senator was the first to recover his feet and went to the aid of the farmer, who was having diffidebris from shattered houses, dam- sulty restraining his frightened horse. In a few minutes the horse was calmed and Mr. Lorimer collapsed and fell unconscious to the muddy roadstricken into the open places. Twenty- way. He was revived and helped to this place and his injuries treated.

The former senator was in good humor by the time the train pulled representatives of labor and capital but. He jekingly remarked that his life had been filled with exciting pe-

clods and smilingly said: "My hat is still in the ring."

Guadalajara in Ruins. Guadalajara, Mex .- The earthquake that shook this city to its foundation, lestroying a large number of buildings and rendering several thousands homeless, came as the climax to a series of seismic disturbances covering a period of more than five weeks. Nine-Terribly injured and semiuncon ty distinct shocks were felt within scious, two Salt Lake trainmen that time. Scarcely a structure in the crawled half a mile aling the tracks city escaped damage, and large areas are masses of ruins.

> Minneapolis, Minn.-Wm. D. Washburn, Sr., former senator from Minnesota and pioneer in the building of the Northwest, arrived from Europe, dying. A quick trip from New York to Minneapolis was made on a special

Labor Indorses Suffrage. Sheboygan, Wis.-The Wisconsin federation of labor closed its annual session after indorsing woman suftrage 'and requesting Gov. McGovern to pardon John F. Dietz of Cameron

Dam fame. May Seek Lorimer's Place. Chicago.-Roger C. Sullivan, retired Democratic national committeeman

from Illinois, may seek the toga that was torn from the shoulders of Wiltiam Lorimer. Sullivan is not an open and avowed candidate for the place.

Peace Rules in Portugal. Lisbon.-Conditions are peaceful at

both Lisbon and Oporto. Flying col-

umns of republican troops continue the search in the north for royalists, but no more have been found. Auto Kills Man and Wife.

Lafayette, Ind.-David Datsenan, a farmer, and his wife were killed and inree children slightly burt when their automobile turned over near Fowler, as they were returning home from The necks of both Mr. and Mrs. Datsenan were broken.

Texas Deputies Have Duel.

San Antonio, Tex.-Deputy Sheriff Ora Bird was shot and instantly killed, Deputy Constable Feliciano Fiores, Sr., was wounded, when they exchanged shots following a political payment. liscussion here.

Sun Vat Sen Enters Race. Shanghal, China.-The Tung-Meng-Hul, or extreme republican party, is withdrawing support of the cabinet, and is organizing to elect Dr. Sun Yat Ben president at the coming election.

Zion City, Ill.-A common flour barel, draped with flags, was used at the Zion City tabernacle to receive the annual offering for the support of the

Christian Catholic Apostolic church. Earth Shocks in Mexican City. Guadalajara, Mexico.-Earthquakes filled one street with debris from shatered houses, damaged to some extent almost every building in the city and drove hundreds of citizens panic

stricken into the open places.

Heat Overcomes Pope. Rome.-Pope Pius was overcome by est and futigue following the ceremo nial for the ninth anniversary of the leath of Pope Leo XIII. The vatican physicians ordered his holiness to sus-send all public audiences.

NEWS & MISSOURI

BARRED FROM SELLING MILK.

Superintendent Eckles Heeds Protest That School Sales Injure Trade.

Columbia.-Should the milk at the university dairy be sold or thrown away after it has been "separated?" Columbia dairymen argue it should, and C. H. Eckles, superintendent, has decreed no milk is to be sold directly to consumers. During summer the dairy makes ice cream for Columbia stores and also makkey and sells but-

Dairymen contend the university has no right to cut in on their profits and that milk from the champion cows is of such recognized superiority that

it would drive them out of business. The same argument was advanced against the University of Missourian, printed by the school of journalism. In vain the school of journalism argued its students had to have practical experience. The state legislature put a rider on the appropraitions regarding accepting advertising for university publications. Then the University Missourian incorporated and now sells advertising space to Columbia merchants

DIRECT SCHOOL TAX PLANNED.

Missouri Teachers' Association to Campaign for Amendment.

Columbia .- A campaign will be made by the Missouri State Teachers' association in behalf of the proposed amendment to the state constitution levying a direct tax for the support of educational institutions. The public schools, the normal schools and the University of Missouri would all receive part of the money derived from

The campaign will be managed by Uel W. Lamkin, president of the association. His headquarters will be at Jefferson City.

Pledges \$3,000 for Road.

Joplin.-Following the visit of a delegation of good roads enthusiasts from Joplin, the "265-Day Good Roads Club" of Neosho put up their fund of \$3,000 ot insure the building of the first section of the North and South Creek route, which is considered one It sells around 72 will be spent on the twenty miles included in the section from Neosho to Joplin. It was also decided by the Neosho club to indorse the proposition for the voting of \$60,000 worth of good roads bonds in the Neosho special road district. Work on the Joplin-Neosho will start within thirty

State Gets Public Lands Money. Jefferson City.-State Treasurer Cowgill apportioned and distributed \$50,000 received from the government for the benefit of the state agricultural and mechanical institutions. Of this sum, \$35,156.25 goes to state university for the benefit of the state agri cultural college, \$11,718.75 to the Rolla school of mines and metallurgy and \$3,125 to Lincoln institute. money comes from a sale of public lands and is divided among the various states having mechanical and

agricultural institutions. German Alliance Convention Plans. Springfield.-Plans have been completed for the next annual convention of the German Alliance for three days, beginning September 22. Banquets, dances and automobile excursions will form part of the entertainment. The officers of the State Alliance are: President, A. P. Scheurman, Kansas City: vice-president, C. Mueller, St Joseph; treasurer, H. Hoffman, St. Louis; recording secretary, R. Joucken, Kansas City; corresponding secretary, Carl Gleeser, Kansas City.

To Seize Telephone Plant. Springfield .- Notice was sent to officials of the Springfield Home Telephone company, now inactive, that this city would at once institute suit to take possession of the property and franchise of the concern. The tele phone company agreed in 1906 to pay \$1,000 annually for the franchise, but for the past three years has made no

Child Stricken With Paralysis. Whiteside.-Lilly, the six-year-old daughter of Ames Halley, was stricken with infantile paralysis at her home near this city. Her condition is serious, but hopes for her recovery are heid.

Marshall Instructor Resigns Marshall.-F. F. Thompson has resigned as superintendent of public instruction here to accept the chair of education in Southwest Normal at Springfield. Raise Stock \$248,000 in Six Months.

Jefferson City.-Official statements have been filed with the secretary of state within the last six months increasing the capital stock of the Mutual Brewing company of St. Louis from \$2,000 to \$250,000. Bryan at Jefferson City August 26. Jefferson City.-August 26 will be Bryan day" at the Jefferson City Chautauqua assembly. Rev. Dr. Beas-

ley, the manager of the assembly, was definitely advised that the Nebraskan

would be here on that date.

IN A FALSE POSITION RIGHT MAN FOR THE PLACE

TWO STATEMENTS BY SCHWAB SEEM CONTRADICTORY.

Declares Steel Tariff Must Not Be Lowered, and Talks of Victory in Market Over His European Competitors.

When Charles M. Schwab returned from a trip to Italy he immediately gave out an interview saying that the tariff on steel cannot be materially lowered without crippling the indus-

Mr. Schwab is president of the Bethlehem Steel corporation and chairman of the board. His company has issued \$15,000,000 in common stock and a like amount of preferred stock. The common stock has never paid a dividend and is selling at about road, which will go from Kansas City 38. The preferred is a seven per cent. to the gulf. It was also decided to stock which never paid seven per cent. build this over the so-called Shoal and has not paid anything since 1908.

of the most beautiful scenic highways | Mr. Schwab's company is one of the in southwest Missouri. About \$30,000 many which "capitalized the econoissued watered stock during the era of trust promotion. The \$15,000,000 of common stock is mostly representative of that kind of capitalization. and if he means that tariff revision will cripple the iron industry by discouraging that kind of financing he is perfectly right. The American people are not going to revise the tariff at least we should be profoundly gratewith a view of furthering the scheme ful. of high finance or to help anyone pay

dividends on water. But there is a further fact in Mr. Schwab's interview that is highly illuminating. He said he had just returned from Italy, where his company has closed a contract to supply armor plate for the Italian navy. Mr. Schwab's company has no tariff protection in Italy against such great Where did the money come from which steel-producing countries as England, paid the heavy expense of Mr. Roose-France, Germany and Belgium, but he can sell steel against them in that country because he offers the Italians good steel at fair prices.

If he can sell steel without tariff protection in Italy he can do it at Mr. Perkins represents the steel trust;

Publicity for Perkins. tribute \$15,000 to help Mr. Roosevelt carry the Republican primaries in

New York city? Is it because Mr. Perkins is an ar dent believer in the initiative and referendum? Is it because his confidence in

on the recall of judicial decisions? Is it bacause his confidence in a willing to make any financial sacri- trust, and it is astonishing that men fice in order that the nation may achieve this goal? Is it because he believes that Theo-

enough to be president?

anti-trust law?

trust. He is a director of the Stand- to dissolve or change their methods practical man.

If he gave \$15,000 to the Roosevelt campaign fund in New York, how campaign fund in other states, and why?-New York World.

to be in the highest degree fortunate for the country. It quickens the sluggish currents of trade and enterprise. visionary.-New York Times.

JERSEY CITY

Surely No One More Fitting Than George W. Perkins to Be Treasurer of Roosevelt Party.

> It is eminently proper that George W. Perkins should be named as treasurer of the Bull Moose party. As & friend of the plain people Mr. Perkins has succeeded in amassing a huge fortene. Incidentally, and only incidentally, he profited quite handsomely in the division of the \$69,000,000 which was the financial result of the forma-

tion of the steel trust. This gigantic monopoly has nothing to hope for in the election of Presi- pleasant manner. Price \$1.00 and dent Taft, because it was under Mr. Taft's administration that suit was instituted against it. Likewise Mr. Wilson's election would be disastrous

But Mr. Roosevelt declined, while president, to prosecute the steel trust, and he allowed the trust to gather in its great southern rival, the Tennessee Coal and Iron company. More than this, during his seven years' occupation of the White House, Mr. Roosevelt took no action which looked toward a genuine revision of the

No wonder that Mr. Perkins is to has already contributed handsomely, and the barrel is still open. It is, however, an imposition upon human credulity to believe that his generos-Ity has no selfish end in view.

Roosevelt's Real Position. "And oh! my friends! for one thing

"We are more fortunate than our fathers in that there is not the slightest tinge of sectionalism in the fight we are now waging. The principles for which we stand are as vital for the south as for the north, for the east as for the west."-Theodore Roosevelt at

Chicago. Mr. Pecksniff never approached this velt's preconvention campaign? What considerations moved Mr. Perkins, archoriest of blg business: Dan Hanna. the son of his father: the McCormicks. who represent the Harvester trust as Boss Flinn, rich through the control of city contracts, to take chief roles in the movement to bring him back to Why should George W Perkins con- power? As the Roosevelt managers held out crisp new bills before delegates from the Black Belt, how impressive is the proof of the death of sectionalism and the beneficent reign of "the principles for which we stand" over south and north altke!

Day of Reckoning Will Come. Surely there must be a day of reck-"pure democracy" is such that he is oning coming for the Anthracite Coal so intelligent as President Baer and his colleagues do not seem to see that dore Roosevelt is the only statesman exactions from the public in forcing who is wise enough and patriotic up the price of coal at this time. The addition of a quarter of a dollar to Or is it because Mr. Perkins finds the price of anthracite is not such a in Mr. Roosevelt the most serviceable triffing matter that it will so unresentweapon for destroying the Sherman ed. Who would have thought a few years ago that the Standard Oil com-Mr. Perkins is chairman of the pany, the American Tobacco company finance committee of the Harvester and other great corporations would He is a director of the Steel ever be brought to terms and forced ard Oil bank. He was formerly a Some day a way will be found by eithpartner of J. P. Morgan & Co. Mr. er state or federal authority to bring Perkins helped collect the life insur- the anthracite combination to its ance money for the Roosevelt cam- knees, and for such drastic action it paign fund in 1904, and he is a very may thank the public sentiment aroused by the imposition of not far from \$20,000,000 as an extra tax to make up for the increased wages, much has he given to the Roosevelt which cannot aggregate over \$7,000,-000 or \$8,000,000 at the most, given to the miners under pressure.

Wilson's Qualities.

We believe Mr. Wilson's nomination There is no doubt of the progressiveness of Wilson. He is a man of unquestionable ability, wide study and scholarship, and a talent for admin-It does these beneficent things, first, istration. He is an uncommonly perbecause in the last three months we suasive speaker and writer, and have cast out so many devils, and comes as near being a practical states second, because a gentleman will be man as almost any man who could in the White House during the next be mentioned now in public life. We four years, a man of sanity and bal- have no reason to doubt his integrity ance, a man sincerely desiring the of character and purpose, and he is welfare of the American people, a above suspictor of tolerating anyman of sobriety and principle, not a thing crocked or corrupt.—New York

Patience Is No Virtue!



cure the case. An Iowa Case

Mrs. J. Hunt. 196 S. eth St. Fairfield, Iowa, says: "For thirty years I suffered from kidney trouble. I had severe backaches, headaches and dizzy spells and my limbs bacame so swellen that I could not walk. Doan's Kidney Pills cured me after everything else failed, and I can never recommend them too highly."

Get Doan's at any Drug Store, 50c. a Box Doan's Ridney

USE ABSORBINE JR FOR IT

A mild, safe, antisep-

tic, discutient, resolvent liniment, and a proven remedy for this proven remedy for this and similar troubles. Mr. R. C. Kellogg, Becket, Mass., before using this remedy, suffered intensely with painful and inflamed veins; they were swollen, knot-ted and hard. He writes: "After using one and one-half bottles of ABSORBINE, JR., the veins were reduced, inflammation and pain gone, and I have had no recur-

rence of the trouble during the past six years." Also removes Goitre, Painful Swellings, Wens, Cysts, Callouses, Bruises, "Black and Blue" discolorations, etc., in a \$2.00 a bottle at druggists or de-livered. Book 5 G Free. Write for it.

CENTRAL OREGON is the place for your nore monthly will earn you big profits. Free maps setures, etc. B.P.Co., SC Empire Bidg., Scattle, Wash

Poets are born-and most of the

W.F. Young, P.D.F., 310 Temple St., Springfield, Mass.

great ones are dead. The Paxton Tollet Co. of Boston, Mass., will send a large trial box of Paxtine Antiseptic, a delightful cleans-ing and germicidal tollet preparation. to any woman, free, upon request.

People who live in clean shouldn't throw mud.

First Suffragette-If we want to get the young girls interested in our meetings we must have something to attract them. Second Suffragette-Which would it

better be-refreshments or men?-

Why They Went. As the Sunday school teacher entered her classroom, she saw leaving in great haste a little girl and her still smaller brother,

"Why, Mary, you aren't going away?" she exclaimed in surprise. "Pleathe, Mith Anne, we've got to go," was the distressed reply. "Jimmy th thwallowed bith collection."-Lip-

Voice of Conscience. A western Kentucky negro was in jail awaiting trial for stealing a calf.

His wife called to see him. On her way out the jaller, whose name was Grady, halted her. "Mandy," he inquired, "have you got a lawyer for Jim?" "No, sah," said his wife. "Ef Jim

was guilty I'd git him a lawyer right

away; but he tells me he ain't guilty. and so, of co'se, I ain't aimin' to hire none. "Mr. Grady," came a voice from the cells above, "you tell dat nigger woman down thar to git a lawyer-and git a dam' good one, too!"-Saturday

Evening Post. A WINNING START 4 Perfectly Digested Breakfast Makes

Nerve Force for the Day. Everything goes wrong if the breakfast lies in your stomach like a mud pie. What you eat does harm if you

can't digest it-it turns to poison. A bright lady teacher found this to be true, even of an ordinary light breakfast of eggs and toast. She says: "Two years ago I contracted a very

annoying form of indigestion. My stom-

ach was in such condition that a simple breakfast of fruit, toast and egg gave me great distress. "I was slow to believe that trouble could come from such a simple diet, but finally had to give it up, and found a great change upon a cup of hot Postum and Grape-Nuts with cream. for my morning meal. For more than

a year I have held to this course and have not suffered except when injudiclously varying my diet. "I have been a teacher for several years and find that my easily digested breakfast means a saving of nervous force for the entire day. My gain of ten pounds in weight also causes me to want to testify to the value of

"Grape-Nuts holds first rank at our

"There's a reason." Read the little book, "The Road to Wellville," in page.